



# Willits Economic Localization

## The WELL Bucket

Volume 4 – Issue 5

May 13, 2009

### Schedule of Events

May & June 2009

May 17 – 4:00 pm  
How Does Your Garden Grow?  
Little Lake Grange  
291 School Street in Willits

May 20 – 9:30 am  
Coordinating Committee Meeting  
WELL Office (at the WAG)  
221 D South Lenore in Willits

May 21 – Film 7:00 pm  
The Rebel Farmer  
Little Lake Health Center  
45 Hazel Street in Willits

May 31 – 10:00 am  
Willits Walk for Health (WHAT)  
JD Redhouse & Co.  
212 S. Main St in Willits

June 10 – 9:30 am  
Coordinating Committee Meeting  
WELL Office (at the WAG)  
221 D South Lenore in Willits

June 26 – 5:00 to 9:00 pm  
Hometown Celebration  
Main Street – Downtown Willits

### Grange Breakfast

Little Lake Grange Pancake  
Breakfast 2009 Calendar:

{NOTE: Price is \$6.00 for  
pancakes, eggs, ham or bacon,  
coffee, tea, & juice. Real maple  
syrup and Thanksgiving Coffee are  
now available!}

4th Sunday of every month:

January 25    February 22  
March 22     April 26  
May 24        June 28  
July 26        August 23  
September 27 October 25

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8am - 11 am  
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291 School Street, Willits

### HOW DOES YOUR GARDEN GROW?

*plant it, grow it, eat it*

A WELL Sponsored Meeting - Sunday, May 17<sup>th</sup> - 4pm

Little Lake Grange Hall, 291 School Street - Willits

### WELL SPRING GARDEN PLANTING EVENT

Talk & Discussions to be led by local experts

in Bio-Intensive, Permaculture, Sustainability gardens

To be followed by a Little Red Wagon Neighborhood Garden  
Planting

We will share table talk about planting our gardens this spring.  
Free seeds to plant & share ~ Tree collard starts available for  
sale.

Lets eat & talk together!

Bring a dish to share, plus all eating & serving tools ~ bring the  
family~

Donations accepted for the Grange~



### Willits Walk for Health

Come join your friends and neighbors, have fun, and support your  
community

**When:** Sunday, May 31, 2009, 10:00 AM, Registration 9:30 AM.

**Where:** J.D. Redhouse & Company, 212 S. Main St .

**What:** 10,000 Step Walk (approximately 5 miles)

Walk begins in downtown Willits and winds through the  
neighborhoods. Walk as little or as much as you like. Wear a hat,  
bring water to drink.

**How Much:** It's FREE for all. Spread the word!

**Why:** For our health and the health of our community.

**Who:** Men, women, and children of all ages  
(Plus well-behaved pets on leashes)

**There's More:** Free prizes donated by local businesses.

**And Even More:** Free party with food and entertainment  
following the walk at The Party Place, 239 S. Main St .

For Further information or volunteer to help:

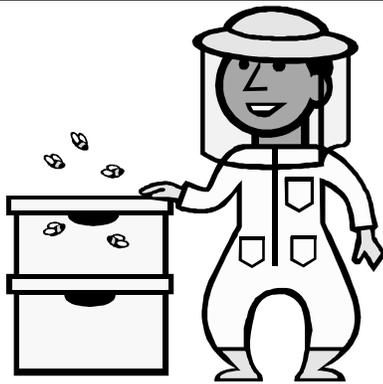
Jed Diamond (Co-Founder Willits Healthy Action Team)

707 459-5505    E-mail: [Jed@MenAlive.com](mailto:Jed@MenAlive.com)

### Be WELL on July 4

By Madge Strong

WELL plans to have an entry in the annual 4th of July Parade, as we did two years ago. This is a wonderful opportunity to reach hundreds of people who may not already know about our efforts! We expect to keep it simple: a WELL banner, possibly a red wagon brigade, and people dressed as fruits & vegs or as farmers with garden tools or just wearing green. We'd love your input (help with a planning committee), or just show up to join our entry in the parade. To help, call Madge at 459-6675 or [mstrong@willitsonline.com](mailto:mstrong@willitsonline.com).



### Mendo Time Bank "local currency"

By Kitty Norris

Mendo Time Bank has over 90 members offering an array of services. Natural building, music lessons, fruit tree pruning, produce, hairstyling, graphic design and printing are among the many services offered.

It's a complimentary currency system based on time, and a network of people that help each other. For every hour you spend doing something for someone in the Time Bank, you earn one Time Dollar. Then you have a Time Dollar to spend on having someone do something for you.

Mendo Time Bank is part of a nationwide time banking movement, working to increase the stability and productivity of communities across the county.

See [www.mendotimebank.com](http://www.mendotimebank.com) for more info and to join; or call Julia (707)489-1388.

### Mendocino Beekeeper's Guild Meeting

Spring Meeting: Wednesday May 13th, 6pm

Where: Willits Library Meeting Room - 390 East Commercial

This is an open meeting, bring a friend

Bring finger food To Share and Your Hive stories from the winter. We will discuss how our colonies are doing now, the spring situation, swarms, and healthy hives.

Call Annie Weller 459-1002



Images of Hospital Garden on May 10. To volunteer contact Ananda Johnson 459-4555.

### Start Here With:

- Organic and Open Pollinated Vegetable Seeds
- Certified Organic Potatoes
- Naturally & Locally Grown Vegetable Starts
- Fruit & Nut Trees



### Sanhedrin Nursery

1094 Locust St. Willits 459-9009



**Serving Our Community One Family At A Time**

**Carrie Alevazos ☎ 707-367-2868**



*Authentic Locally Handmade Medallions*  
 See our catalog at  
<http://www.quicksilvermint.com>  
**10% discount when you say:**  
**"I saw it in the WELL Newsletter"**  
**459-3094**



### Brookside Farm

*People-Powered Produce*

...would like to thank WELL for its support.

All our shares are now sold.

Brookside Farm has volunteer hours from 3 to 6 pm each Wednesday. Low income volunteers can earn up to \$20 per week in Farmers' Market credits.

Interested? Contact Jason Bradford at 456-0760

### Jolly Roger's Design & Repair Shop

**Computer repair, metalwork, woodwork, fabrication of all manner.**  
**Greenhouses, bike carts, new rooms, garden layout, solar**  
**-If you can think it, I can create it. -**

**Temporary Phone (310)245-4821**



### Jed Diamond, Ph. D.

**Counseling**

**44 Years experience**

**(707) 459-5505 [www.menalive.com](http://www.menalive.com)**

### New Courses!

**Chickens 101**

**Introduction to Sustainable Gardening**

Grow Your Own Food • Taught by Experts  
 All Online • Get Your Questions Answered

[PostPeakLiving.com](http://PostPeakLiving.com)

### **Your Ad Here**

Is your company locally owned?  
 Do you qualify as a Local First Business?  
 Then...

**We want your ad!**

\$15 per month for this sized ad  
 \$10 per month if you buy six months or more

[liam@well95490.org](mailto:liam@well95490.org)

## **WELL Coordinating Committee Briefs**

### **Co-Com Meeting of 4/15/09 - Summary**

Reports were given on activities of interest to WELL, including the Noyo Food Forest and Transition Town organizations, Now & Then Film Series and eco-films at Main St. Music, a grant request for farm managers at County schools, Earth Day at the Muse, a grant-writing guild, and continued outreach to Willits High School and Charter School.

**Mega-Mall Petitioning:** The CC voted unanimously to oppose DDR's proposed ballot measure that would supersede County planning and environmental reviews to allow a Mega-Mall at the Masonite site.

Next CC meetings will be May 6 and May 20, 9:30 at the office. The CC is seeking to fill one CC vacancy by May 20. The following officers were elected: Jane McCabe, President; Jason Bradford, Treasurer; and Madge Strong, Secretary.

**Website:** The CC authorized to contract with Liam for \$100 to do quick updates to the website. The bigger job is conceptualizing what we want the website to do and find volunteer(s) to work on this. The office computer also needs reorganizing.

**Insurance:** While seeking to reduce insurance cost, we do currently sponsor & provide insurance to several community groups, and have possible requests from other groups. We'll continue to consider options.

**Little Red Wagon Project:** The first outing was a success; it could benefit from more publicity. We decided to schedule two more: one at the end of our May 17 general meeting and another on June 6th.

**May 17 General Meeting:** This event (tentatively titled Spring Fling or How Does Your Garden Grow) will feature a panel of local master gardeners - many to choose from - who will present & answer questions as folks eat. We'll also have pot-making and planting seeds, plus some plants for sale as a fundraiser.

**July 25 Farm Tour & Potluck:** We chose the date and began thinking about plans for this event. In addition to touring local farms & gardens, we plan to end the day with a potluck at Brookside Farm.

**Goals & Roles:** Most projects have a lead person; we could use volunteer help for many of these activities. NOTE: SHALL WE PUBLISH THE CHART (if there's room in this newsletter)?

**WELL Calendar for 2010:** Roger Wilson will edit and assemble a calendar, but he needs photos & text submitted no later than early Sept. All members are encouraged to submit material!

**Finances:** CC will review financial picture next meeting. Good news is that the newsletter now has good number of ads, but we need more general revenue coming in.

Note also that the CC took action by email (approx. Mar. 30th) to oppose the sale of Little Lake Valley Ranch to Monsoon Enterprise for use as a rock concert venue, urging consideration of an offer by Birchwood Conservancy for heritage livestock raising. A letter to this effect was sent to the owner, Matt Taylor, and to The Willits News

### **Co-Com Meeting of 5/6/09 – Summary**

**Finances:** A financial report was heard and a budget was proposed. A number of fund raising and cost cutting proposals were considered. A more detailed report will be prepared for the newsletter.

**Grants:** WELL involvement in a USDA grant application was approved. Further grants are being investigated along with a grant team championed by Richard Jergenson.

**Website:** Liam will be updating the current website and a design for a new website is in process.

**May 17 Event:** Posters are completed (donated by Henry Dakin). Other advertising is out or soon will be. Encourage donations of bring pots, seeds and starts for the plant sale. Remember to pass the hat at the event.

**July 4 Parade:** WELL will be in the parade, keeping it simple (no float, marchers dressed like farmers or vegetables).

**July 25 Farm Tour:** Tentative plan is three farms at specific times ending in a Potluck with a Speaker.

**Harvest Festival:** Probably the first weekend in October. We have some volunteers, we need more.

**Insurance:** Mo & Madge getting riders for WELL sponsored events.

*Complete minutes of meetings will be posted to the website.*

**Coordinating Committee Members**

Jason Bradford - 456-0760 - [jcbradford4@gmail.com](mailto:jcbradford4@gmail.com)  
 Madge Strong - 459-6675 - [mstrong@willitsonline.com](mailto:mstrong@willitsonline.com)  
 Jane McCabe - 456-9067 - [janesjet@hotmail.com](mailto:janesjet@hotmail.com)  
 Roger Wilson – 456-4111 - [roger@jollyone.com](mailto:roger@jollyone.com)  
 Ann Waters Weller – 459-1002- [abweller@pacific.net](mailto:abweller@pacific.net)  
 Richard Jergenson – 459-6362 - [rjergenson@saber.net](mailto:rjergenson@saber.net)

**Willits Contra Dance**

May 23<sup>th</sup>. 7:00 PM

Willits Center for the Arts – 71 E. Commercial St. in Willits  
 For information contact Roger: (310) 245-4821 /  
[roger@jollyone.com](mailto:roger@jollyone.com)

7PM - Lessons for Beginners 7:30 - The Dancing starts!  
 Adults – \$7 Under 17 – \$3 Under 9 – 5 cents.  
 And for those of you dancers over 66, you're invited for free.

**The Rebuild Store**

You already recycle glass, plastic, and aluminum...what about windows, cabinets, and that extra roll of tar paper in the shed?

Do you want to put in double pane windows to save energy, and save money too?

The Rebuild Store is a project of North Coast Opportunities that takes your used items and sells them (cheap) to people who can use them.

Their show room is open several days each week at:

**75C Kunzler Ranch Road in Ukiah (707) 671-6581**

**Recent Links & Blogs****Review: Prosperity Without Growth? by Professor Tim Jackson**

Reviewed by Charles Siegel

When a British government commission publishes a report calling for an end to economic growth, it suddenly seems that we live in a world that is changing its direction. Growth has been the central goal of economists since the beginning of the industrial revolution. But Prof. Tim Jackson, the Economics Commissioner of the UK's Sustainable Development Commission has written a book that sums up the current state of our knowledge about economic growth and that demonstrates convincingly that growth should end.

Read More at <http://tinyurl.com/p3kyey>

**The Road...Less Traveled: An Analysis of Vehicle Miles Traveled Trends in the U.S.**

By Robert Puentes, Senior Fellow, Metropolitan Policy Program  
 Adie Tomer, Research Analyst, Metropolitan Policy Program

Driving, as measured by national VMT, began to plateau as far back as 2004 and dropped in 2007 for the first time since 1980.

Read More at <http://tinyurl.com/ravx8k>

**Continued Page 6 – Links & Blogs**

**Now & Then Film Series**

*Presents*

**The Rebel Farmer**

The story of Sepp Holzer & mountain permaculture.

3 films: (90 min)

"Farming with Nature"

"Aquaculture"

"Terraces & Raised Beds"

...90 minutes of film to be followed by a discussion led by local permaculture teacher - Max Meyers- MELC -

~~~~~  
 7:00 pm, Thursday, May 17

Little Lake Health Center

45 Hazel St.

*Enter by back door in parking lot*

*Free Admission! Everyone Welcome!*

**Suggested Donation of \$5 to Help Build WELL Film Library**

**Walk to School Day Meeting**

Thanks to all who attended the April meeting, we are well on our way to a successful Walk to School Day this October 7th! **Our next meeting will be Monday May 18th at 11:30 am in the conference room behind the council chambers at city hall.**

**Farmers Market in the Park**

With dance and song the Willits Farmer's Market has returned to City Park (across the street from City Hall). At last week's Farmers Market we saw a May Pole dance to celebrate the return of warm weather. Adults were lined up with children to weave the ribbons while a crowd of shoppers surveyed the fresh produce and other wares offered for sale.

The Farmer's Market will be in the park every Thursday from now through October from 3:00 to 6:00 pm. Local fresh produce, baked goods, medicinal salves, locally grown beef, locally harvested fish, and crafts of many kinds can be perused to sound of local musicians playing live.



## Links & Blogs - Continued from Page 5

### Key role of forests 'may be lost'

By Mark Kinver, BBC

The International Union of Forest Research Organizations (IUFRO) says forests are under increasing degrees of stress as a result of climate change.

Forests could release vast amounts of carbon if temperatures rise 2.5C (4.5F) above pre-industrial levels, it adds.

Read More at <http://news.bbc.co.uk/2/hi/science/nature/8004517.stm>

### World's Land Slipping in Quality

By Emily Sohn, Discovery News

Nearly 25 percent of land around the world is in bad shape and getting worse, according to a new study, and human activities are to blame.

It's the first study to directly measure the extent of human-induced global land degradation. The phenomenon describes a decline in the quality of soil and vegetation that the land can't recover from on its own.

Read More at <http://dsc.discovery.com/news/2009/04/20/degraded-land.html>

### As World Warms, Water Levels Dropping in Major Rivers

Nasa Earth Observatory

Rivers in some of the world's most populous regions are losing water, according to a comprehensive study of global stream flows.

The research, led by scientists at the National Center for Atmospheric Research (NCAR) in Boulder, Colo., suggests that the reduced flows in many cases are associated with climate change, and could potentially threaten future supplies of food and water.

Read More at <http://earthobservatory.nasa.gov/Newsroom/view.php?id=38355&src=eo-manews>

### Aerosols May Drive a Significant Portion of Arctic Warming

Nasa Earth Observatory

Though greenhouse gases are invariably at the center of discussions about global climate change, new NASA research suggests that much of the atmospheric warming observed in the Arctic since 1976 may be due to changes in tiny airborne particles called aerosols.

Emitted by natural and human sources, aerosols can directly influence climate by reflecting or absorbing the sun's radiation. The small particles also affect climate indirectly by seeding clouds and changing cloud properties, such as reflectivity.

Read More at <http://earthobservatory.nasa.gov/Newsroom/view.php?id=37948&src=eo-nnews>



Images of the Senior Center Garden May 10. To volunteer contact Allyn Nonneman 459-1772



Images of Brookside Farm on May 10.  
To volunteer contact Jason Bradford - 456-0760 - [jcbradford4@gmail.com](mailto:jcbradford4@gmail.com)



Images of WISC Community Garden on May 10.  
To volunteer contact David or Ursula Partch at [gardener@thesighting.com](mailto:gardener@thesighting.com)

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Where Willits Is Today



Where WELL Wants Willits To Be

Art by Linda MacDonald

We'll soon find out whether an organism the size of the United States can run an economy based on one family selling the contents of its garage to the family next door. My guess is that this type of economy won't support the standards of living previously enjoyed in places like Dallas and Minneapolis.

*James Kunstler, Author of The Long Emergency, quoted in April 2009*

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